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Your essential daily news | TUESDAY, JUNE 14, 2016 | High 25°C/Low 11°C Mainly sunny

AWARDS

TONYS TEACH OSCARS ABOUT DIVERSITY

metroLIFE

Members of the Nishnawbe Aski Nation youth sign a declaration during a meeting on Parliament Hill on Monday.

ADRIAN WYLD/THE CANADIAN PRESS

'CANNOT BE IGNORED'

First nation youth meet with PM ahead of mental-health funding announcement metroNEWS

New hotels bring chic to downtown

TREND

Hospitality boom driven by millennials, says industry service

David Sali
Ottawa Business Journal

"Fun" isn't a word generally associated with business meetings, but it's the one Ash Wilby chose to describe the "creative spaces" at Ottawa's newest downtown hotel.

"They are fun rooms to be in," the sales manager of Group Germain's Alt Hotel says.

From the cozy guest quarters outfitted with minimalist work stations to those brightly painted meeting spaces featuring whiteboards on the walls, the Alt is part of a new wave of "lifestyle" hotels that are changing the face of the industry across North America — and the National Capital Region is no exception.

"These aren't your grandfather's hotels that are coming into Ottawa now," says Pat Kelly, a former general manager of the city's Westin Hotel who now runs his own travel consulting firm. "These are really cool brands."

To Steve Ball, the president of the Ottawa Gatineau Hotel Association, the opening of trendy boutique hotels is a sure sign the local industry is in robust health despite several high-profile closures over the past few years.

In all, about 800 hotel rooms have disappeared in Ottawa over the past couple of years, many of them downtown. But Ball chalked up the closure or conversion of facilities, not a long-term trend.

"We didn't lose them because of lack of business opportunity in hotels," he said. "We lost them for odd reasons."

The local scene is being rejuvenated thanks to new brands such as the Alt and Hyatt's Andaz Ottawa ByWard Market, said Brian Stanford of CBRE Hotels Valuation and Advisory Services.

These brands cater to millennials — who Kelly calls the fastest-growing market segment in the hospitality industry — who want spaces where you can "sit and relax with your laptop, have a glass of wine, be seen, see people and, even if you're not formally socially interacting, you feel like you are," he said.

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Canadian hostage Robert Hall killed in Philippines. **Canada**

5 CITYFOLK SHOWS YOU CAN'T MISS

CityFolk festival organizers are bringing an impressive lineup to Lansdowne Park Sept. 15-18. From the X Ambassadors, to Vance Joy and Dean Brody, festival director Mark Monahan gave Metro the rundown on this year's festival.

Lucy Scholey
Metro | Ottawa

1 Dance parties

Dancing shoes are a must for these big bands: the New Pornographers, X Ambassadors (right), Plants and Animals and the Dropkick Murphys.

2 Big names, folky vibes

Vance Joy (below) and James Bay embody the laid-back, easy-listening "CityFolk vibe," as Monahan calls it. Joy is at fault for putting that "Riptide" bug in your ear when you hear him come on the radio in the car, while Bay is a Grammy Award nominee who hails from the U.K. Dean Brody will attract crowds craving a more country twang.

3 Canadian gems

Multi-instrumentalist maven Basia Bulat juggles an autoharp, hammer dulcimer, piano and more. Two-time Juno Award winner Dan Mangan is another Canadian must-see, while singer-songwriter Jim Bryson is a big local name on the list. Expect 50 more Ottawa acts to be announced in the coming weeks.

4 Urban R&B

Bryson Tiller's debut rap-R&B single, Don't has caught the attention of Drake and Apple Music alike. Along with Joey Bada$$, a hot name in hip hop right now, the two will bring an urban American flavour to CityFolk.

TICKETS

A limited pre-sale starts at 10 a.m. on Thursday, June 16. The regular on-sale begins on Friday.

5 Alt-country up-and-comers

You may have yet to hear about singer-songwriter Julien Baker, who grew up playing her father's guitar in Memphis, Tenn. Apart from the 20-something's dark, intimate tunes, Marlon Williams and John Moreland will be popular for alt-country lovers seeking little-known gems.

SUMMER SOLSTICE

Aboriginal festival to forge deeper cultural appreciation

The grounds of Vincent Massey Park, located at the corner of Heron Road and Riverside Drive, will soon be transformed into a whirlwind of colour, culture and music, as drummers, dancers and artisans come together for a three-day celebration.

Summer Solstice Aboriginal Festival, an annual event that shines a spotlight on First Nations, Inuit and Métis culture, history and identity, offers a cross-cultural exchange in the National Capital Region.

The public showcase, taking place June 17 to 19, is designed to foster connections between aboriginal and non-aboriginal people, as well as between the different First Nations, Métis and Inuit communities.

"The Summer Solstice is unique in that we always have a lot of involvement from our Inuit and Métis and it brings all of the groups together," said Trina Mather-Simard, executive director of Aboriginal Experiences, Arts & Culture, which puts on the annual spectacle.

"We get to educate that they are distinct cultures and traditions, as well as learn from one another."

> It doesn't seem like it's something from a history book.
> Trina Mather-Simard

Last year's festival drew record crowds of more than 40,000 people, in part, because of the beautiful summer weather, but also because of the bounty of free programming.

"I think we're seeing a lot of growth because when people come out they don't know what to expect, and they have a great experience," Mather-Simard said. "I think it's a real word-of-mouth kind of thing."

This year, the festival will mark the 20th anniversary of National Aboriginal Day, which is held June 21.

About half of those who attend the celebration are non-aboriginal, and Mather-Simard thinks the festival is helping forge new connections and bolstering a deeper appreciation for and understanding of indigenous communities.

About 4,000 students from several Ottawa-area public and Catholic elementary schools have been invited to take part in an Education Day, which takes place this year on June 20.

They'll learn about powwow, be entertained with theatrical storytelling, make artistic creations, play unique games and see their indigenous peers showcase their artistic talents.

"I think education is really important in getting young people out and having that experience so it doesn't seem like it's something from a history book — it's living and breathing," Mather-Simard said.

ERIN MCCRACKEN/METROLAND MEDIA

Premier Kathleen Wynne meets with her new cabinet for the first time on Monday.
PETER POWER/THE CANADIAN PRESS

Local MPPs in new jobs after shuffle

POLITICS

Four Liberals on the move after cabinet overhaul

Emma Jackson
Metro | Ottawa

Your local MPP likely has a new job after Premier Kathleen Wynne overhauled her cabinet Monday.

Four out of Ottawa's five Liberal representatives are on the move as Wynne made the changes halfway through her term.

Ottawa Centre MPP Yasir Naqvi will leave behind his troubled correctional services post to become Ontario's attorney general.

Naqvi has been at the centre of Ottawa's jail controversy, which came to a head this year over reports of extreme overcrowding — inmates were sleeping in shower cells — lengthy segregation terms and several inmate deaths at the Ottawa-Carleton Detention Centre.

As attorney general, he'll replace Ottawa-Vanier MPP Madeleine Meilleur, who announced last week she's retiring from politics after 13 years in the legislature and 12 at city council.

She'll leave her seat vacant just as her federal counterpart, MP Mauril Belanger, fights against ALS.

Ottawa West-Nepean MPP Bob Chiarelli is returning to the infrastructure file after three years as energy minister.

> A cabinet minister is busier ... but they've got more clout and standing.
> Professor Jonathan Malloy

Chiarelli was the infrastructure minister between 2010 and 2013 under Premier Dalton McGuinty. But this time he's responsible for $160-billion worth of investments in roads, bridges, schools and hospitals, a massive infusion of money funded in part by the sell-off of Hydro One under his supervision.

Even rookie Ottawa-Orleans MPP Marie-France Lalonde is headed for change. Until now the chief government whip, on Monday she became minister of government and consumer services, and she's now responsible for francophone affairs, taking over for Meilleur.

Carleton University politics professor Jonathan Malloy said it's not a bad thing for your representative to take on extra duties.

"A cabinet minister is busier and spends more time in Toronto, but they've got more clout and standing," Malloy said. "So it's quite useful for a community to get their priorities heard."

Residents especially shouldn't fear losing touch with Naqvi, who will almost certainly spend more time in Toronto, since he's made a point of being visible at home.

OTTAWA-CARLETON DETENTION CENTRE

Reform bail system, task force member tells Attorney General

Joe Lofaro
Metro | Ottawa

The only lawyer on a task force to fix overcrowding at the Ottawa-Carleton Detention Centre says Ontario's new Attorney General, Yasir Naqvi, will soon realize the province needs an overhaul of the bail system.

The Ottawa-Centre MPP is leaving his post as Minister of Community Safety and Correctional Services in a significant cabinet shuffle announced Monday.

Replacing him is Sault Ste. Marie MPP David Orazietti.

Defence lawyer Dominic Lamb said it "bodes very well" that Naqvi, who created the 13-member task force under mounting pressure to fix problems at the jail, is now Ontario's Attorney General. But he said the new minister needs to fix the system that is keeping more people behind bars than ever before.

The Ministry of the Attorney General is currently studying the bail system and the federal Department of Justice released its own study in February.

"We think when the new attorney general gets those reports relating to bail, that will verify and convince him that the position that most of the community takes is the right one. We need reform on bail and it needs to be completely reconsidered to how we approach it," said Lamb.

"I have no doubts about Yasir Naqvi, given what he did with the issues with the detention centre. I think he's going to see that there needs to be action on bail and he will do it."

On June 1, Lamb and other task force members released 42 recommendations for the jail.

Bryonie Baxter, executive director of the Elizabeth Fry Society of Ottawa and task force member, said bail reform will be "front and centre" when working with the new Attorney General.

"At the moment, bail is our biggest concern," said Baxter.

Premier Kathleen Wynne and Lt.-Gov. Elizabeth Dowdeswell pose with Attorney General Yasir Naqvi after his swearing-in at Queen's Park on Monday. PETER POWER/THE CANADIAN PRESS

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GLOWFAIR

LGBTQ event organizers dance on after Orlando nightclub tragedy

Haley Ritchie
Metro | Ottawa

LGBTQ event organizers in Ottawa say visibility and pride are stronger than fear and they won't be cancelling their events after a targeted attack in Florida left 50 people dead — including the gunman killed in the rampage.

Ashley Gauthier, an organizer with Sashay Ottawa Events, mourned at the vigil on Sunday but plans to dance on Friday.

Gauthier is an organizer with Sashay Ottawa Events, a group that is kicking off Glowfair this weekend with a LGBTQ dance party at Barrymore's on Bank Street. The atmosphere on Friday will probably be a lot like it was at Orlando's Pulse nightclub before the attack — filled with people being themselves and celebrating.

"We have to have a place to go out and be ourselves," said Ashley Gauthier, who grew up in a small town and said moving to Ottawa made gay bars and clubs important to him. "You can just close your eyes, dance and be yourself."

Gauthier said while the events in Florida were frightening, there will be security at Glowfair and he's not worried.

The Queer Mafia group is also finalizing details for an event on Saturday.

A personal connection to the tragedy at Westboro's Iron North Fitness is motivating a free yoga class with donations going to the victims. An active member of the gym lost a close friend to the shooting.

"We have friends and family, regardless of whether this happened in Orlando or Ottawa, that were affected from the heart," said gym owner Jenna Ladd. "We want to bring people together."

On Monday, a second vigil was to be held at the Human Rights Monument with a focus on diverse speakers.

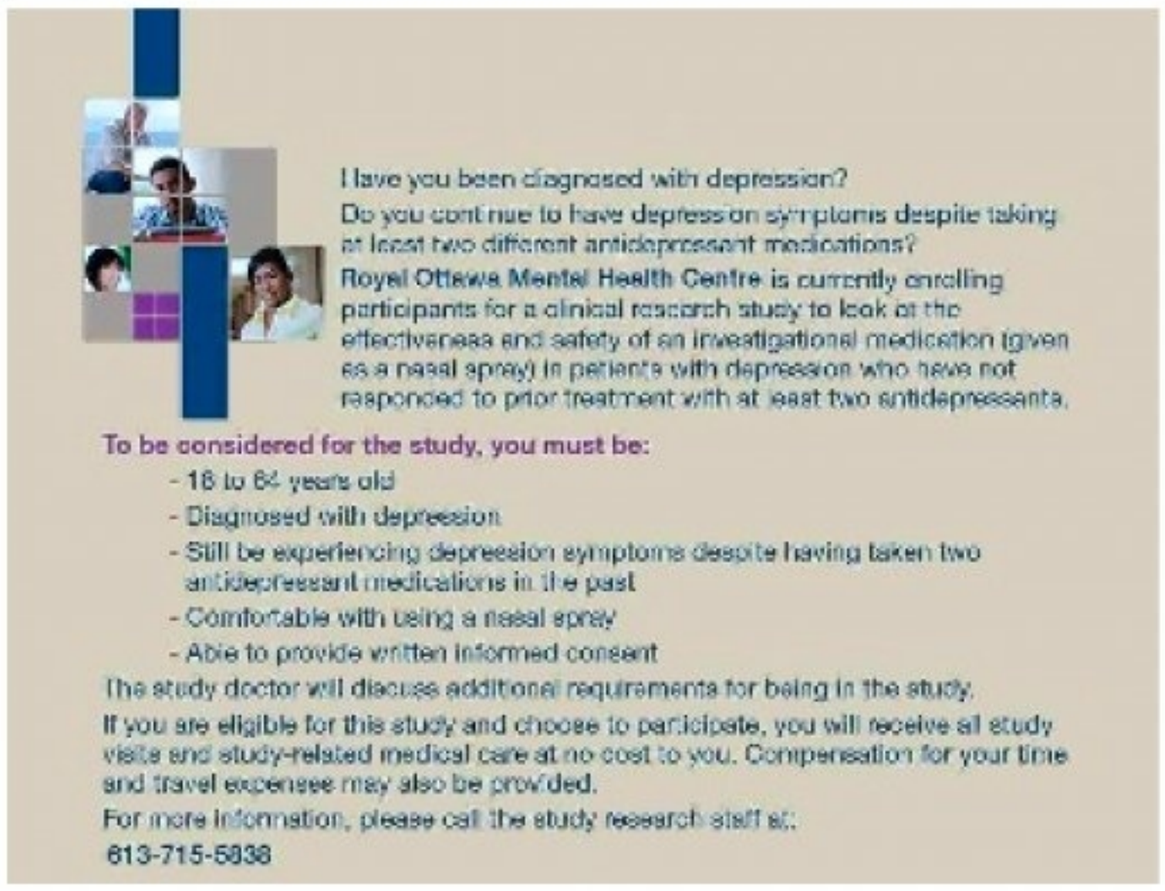
The attack took place at a gay nightclub that attracted a diverse group of patrons and on a Latin night.

On Sunday, Capital Pride organizer Tammy Dopson said it's too early to consider what impact the shooting will have on local festivities. Ottawa's pride celebrations will take place in August.

Strengthening security at the events is being considered by police.

"It is something we will consider in consultation with Emergency Operations Directorate and Hate Crime Unit," said Insp. John McGetrick, Ottawa Police's liaison with the LGBTQ community.

Reuben Wynne and Ashley Fuentes, of Old Ottawa East, take part in an emotional vigil held at the Human Rights Monument outside of Ottawa City Hall on Sunday, in the wake of the Orlando mass shootings earlier that day. ERIN MCCRACKEN/METROLAND MEDIA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Members of the Nishnawbe Aski Nation youth pose for a photo on the lawn of the Parliament Buildings before meeting with the prime minister on Monday. ADRIAN WYLD/THE CANADIAN PRESS

Feds pledge $69M for mental health

YOUTH DELEGATION

Money will fund 4 crisis, 32 indigenous wellness teams

The federal government will provide $69 million over the next three years for indigenous mental health services, Prime Minister Justin Trudeau announced Monday after meeting a delegation of more than 20 aboriginal youth from northern Ontario.

The funding is designed to help communities tackle urgent mental health needs while the government works with indigenous leaders to negotiate a new health accord, the Prime Minister's Office said in a statement.

The money is intended to provide services including four crisis response teams in Ontario, Manitoba and Nunavut — identified as having the greatest need — as well as 32 additional mental wellness teams.

Randall Crowe, a 24-year-old from Ontario's Deer Lake First Nation, said it was important for the young people's delegation to be heard.

"It is time that the youth take their stand ... instead of being pushed aside, to actually take part in discussions that the leaders need to address," Crowe said.

The meeting with the prime minister came as the Liberal government faces pressure to address issues including the delivery of health care on reserves.

NDP indigenous affairs critic Charlie Angus has spent weeks hammering the government for failing to add new spending in the budget for indigenous mental health.

Canadians should know aboriginal people do not receive the same level of health care overall as people who live off reserve, Crowe noted.

"Back home, we don't have the medical services and all that like people in Ottawa," he said, stressing the need for equality.

The dialogue also needs to be part of a continuing process, said Nishnawbe Aski Nation Grand Chief Alvin Fiddler.

It is very powerful for parliamentarians to hear directly from youth, Fiddler added.

"I think sometimes, when we hear from politicians or leaders like myself saying the same thing over and over again, sometimes it loses its power," he said.

"I think to hear this from an 18-year-old who lives this in their community daily, that's something that cannot be ignored."

Trudeau is also sitting down with Attawapiskat First Nation Chief Bruce Shisheesh.

That meeting was agreed to in May following a spate of suicide attempts in the northern Ontario community that garnered international media attention. THE CANADIAN PRESS

> **It is time that the youth take their stand instead of being pushed aside.**
> Randall Crowe

PEDESTRIAN SAFETY

Crossovers installed in Kanata

The city's first pedestrian "crossover" was unveiled Monday afternoon on the parkway in Kanata, one of 60 that will be installed this year.

Mayor Jim Watson, Coun. Keith Egli, who is chair of the city's Transportation Committee, and Kanata North Coun. Marianne Wilkinson demonstrated the new pedestrian crossover near Earl of March Secondary School.

A crossover allows pedestrians to safely cross the street at an area without traffic lights. Drivers must yield the entire length of the crosswalk to pedestrians and wait for them to cross before going through.

All crossovers also have rectangular white signs on either side that read "Stop for Pedestrians" and some have yellow overhead signs.

Drivers and cyclists that do not yield to pedestrians face a $500 fine along with the loss of three demerit points. Fines will be doubled in community safety zones.

The new crossover in Kanata is the first of its kind in the city and is part of a provincial effort to make roads safer for pedestrians.

The city has installed 46 crossovers in recent weeks, which will be activated over the next two weeks. Additional sites will be put in action by the end of August. HALEY RITCHIE/METRO

Sinkhole gobbles profits

BUSINESS

Restaurateurs feel the pinch over last week's collapse

Lucy Scholey
Metro | Ottawa

The cause of Ottawa's giant downtown sinkhole remains a mystery, but one neighbouring restaurant owner is already considering a class-action lawsuit to recoup lost money.

Dave Mangano, owner of Metropolitain Brasserie on Sussex, says his business is still reeling from a two-day closure, following the Rideau Street collapse on Wednesday morning.

Though the doors reopened on Friday afternoon — after crews reconnected the natural gas line and inspected the water quality — Mangano says people are hesitant to face downtown traffic detours.

"We're still getting cancellations — people who are booking for this week who are coming from out of town and cancelling their trips," he said.

Chris LeBelle, general manager at Milestones on Sussex, stands on the patio of his restaurant, where you can see and hear construction for the Rideau Street sinkhole that opened up on Wednesday. He figures his business lost $40,000 as a result. LUCY SCHOLEY/METRO

By the end of this week, Mangano figures his business will lose $100,000 because of the sinkhole.

"You don't get that back," he said. "You basically have to suck it up."

> **We're still getting cancellations.**
> Dave Mangano, owner of Metropolitain Brasserie

It could be two months before the public hears what caused the road collapse, as the city continues to investigate. Workers with light rail construction firm RTG were excavating the tunnel when the sinkhole opened.

Mangano said he's already in talks with other downtown business owners and a lawyer about launching a class-action suit.

It's unfortunate timing for many businesses. As the weather turns warmer, wedding and conference season also heats up.

"(Last) weekend, we did about half of what we normally do," said Chris LeBelle, general manager of Milestones on Sussex. "With grads and things happening, this is a busy time of year for us."

LeBelle could not confirm whether the Milestones owner was considering taking legal action, but estimates the restaurant lost about $40,000 between Wednesday and Sunday.

Meanwhile, construction crews have "stabilized" the sinkhole, according to city manager Steve Kanellakos.

He emailed a memo to council on Monday, confirming that "significant progress" has been made on repairing the damage.

After finishing the first concrete pour last week, crews spent the weekend removing water that pooled in the LRT tunnel.

They have also constructed a ramp, allowing workers to safely access the site.

SEXUAL ASSAULT

Suspect sought in violent incident

The Ottawa police human trafficking unit is asking for help from the public to find a suspect in a violent sexual assault in Sandy Hill.

Police are investigating a "violent encounter" that took place in the early morning of May 24 on the 1-100 block of Daly Avenue. Two suspects have been arrested and police are still seeking a third man, Pierre Senatus, 21. He is considered armed and dangerous.

Senatus is described as a six-foot-tall black male, 205 lbs. with a medium build, with medium curly hair, possibly braided, and a beard. He faces charges of sexual assault with a weapon, two counts of assault with a weapon, aggravated assault and multiple firearm-related charges.

Devon LaBelle, 23, has been charged with human trafficking, among other charges, and remains in custody. Keisha Touzin, 24, has been charged with aggravated assault and was released on a recognizance.

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Students in need catch a break

CHARITY

Bursary program for daily expenses 'growing'

Emma Jackson
Metro | Ottawa

More than 100 needy kids will get a leg up next year as an Orleans-based charity triples its reach.

The Help Our Students Program started six years ago, giving three hard-working, financially needy high school students $100 a month to cover daily expenses.

But the flow of donations has been steadily increasing, until a recent deluge has meant the charity can now jump from its current 36-student roster to a list of 107 kids.

"It's just been growing and growing," said founder Richard Lussier. "People like what we're doing."

For the first time, two students in every Ottawa high school will get funding come September, plus a few extra.

The students can spend the money how they wish, as long as they promise to work hard in school, Lussier said.

"For a lot of these kids, its not just getting through school, it's getting through life," Lussier said. "They use it to buy groceries."

Lussier knows a thing or two about the hardships of a broke student.

At 17, Lussier was ready to drop out of his first year of military college.

But his father somehow scrounged up $100 — a huge amount in 1962 — and told him to keep going.

Lussier finished school and went on to a successful career.

"That $100 basically saved my life," he said. "This is payback for what my dad did for me."

Grade 11 student Jake Edwards couldn't believe it when he discovered the program was going to give him $1,000.

"I was dumbstruck," Edwards said.

Edwards is one of four boys in his household, which he said "isn't poor, but we can't live a lavish lifestyle."

He had to drop out of an outdoors course because he couldn't afford the $200 fee for canoeing lessons and a trip to Algonquin Park.

With the bursary money in hand, Edwards decided to go on a class trip to New York City.

He said he looks forward to giving back in a similar way someday.

"The way it's made me feel, I want to make someone else feel," he said.

Richard Lussier is giving back to 107 high school students next year. EMMA JACKSON/METRO

HELP OUR STUDENTS HIGH SCHOOLERS WRITE RESPONSES TO RECEIVING BURSARIES FROM PROGRAM

Students who receive a $100 monthly bursary from the Help Our Students Program are asked to reflect each December and June on how the money has helped them.

Here's a sample of what they wrote:

"I have been able to carry a lunch pack for myself, because I know that my young brothers and sisters at least have enough to eat."

"The new clothes make me feel like the other kids around me."

"There is only so much you can do before you are forced to go to the food bank, or skip a holiday, or forget about vacations. That is why this gift means so much to me, because it broke those standards."

"It has allowed me to feel more normal; that I could go out once in a while and relax was a stress reliever."

"Last week, I applied to college. Without the HOST program, the application fee would have been a burden, but ... a weight has been lifted off all of our shoulders."

"I was able to enjoy my final year and not worry if I'll be able to get to school that day, since I could afford a bus pass."

"I have been able to help my little brother become a normal kid. Christmas wasn't late and he received things that weren't second hand."

"I feel like someone does care about me and my future. It makes me want to do the best I can in school to be successful and be able to give back."

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AIRPORTS

Feds offering 'No Drone Zone'

The federal government is hoping its new 'No Drone Zone' signs will shoo operators of unmanned aerial vehicles away from airports and commercial air traffic.

Transport Minister Marc Garneau unveiled the signs during a news conference today at the Ottawa airport.

It's part of a national safety campaign designed to coincide with proposed new regulations to govern the use of drones, including new categories, a simplified registration process and new marking requirements.

AP PHOTO/MATT ROURKE

Garneau says it's equally important that drone users learn how to fly their devices legally and safely.

Penalties for reckless or negligent use, including violating controlled or restricted airspace or endangering manned aircraft, include the possibility of jail time and fines of up to $25,000.

Transport Canada wants the new signs to be used by airports, parks, municipalities and event organizers and posted near relevant properties and events.

"The 'No Drone Zone' signs are a reminder that not all places are appropriate to fly a drone," Garneau said.

"Always think safety first."

THE CANADIAN PRESS

Abu Sayyaf kills hostage

PHILIPPINES

Canadian man was kidnapped by terror group in 2015

Canada's top Mountie says the tough terrain of the southwestern Philippines may make it difficult to find the killers of two Canadian hostages, but it won't prevent the ongoing effort to bring them to justice.

RCMP Commissioner Bob Paulson's commitment was affirmed Monday by Prime Minister Justin Trudeau following the death of Canadian Robert Hall, who had been held hostage by Abu Sayyaf since September 2015.

Robert Hall CANADIAN PRESS

Hall's death comes after the execution in April of fellow Canadian John Ridsdel, who was snatched from a marina by Abu Sayyaf along with Norwegian Kjartan Sekkingstad and a Philippines national last September.

Paulson said the RCMP is helping local authorities give chase to the kidnappers, "but as you know, it's a very difficult piece of geography and … challenging environment."

The Mounties are conducting an extraterritorial investigation into the murders, meaning the perpetrators could one day face justice in Canada, he added.

Trudeau said Canada holds Abu Sayyaf fully responsible for Hall's death.

"We are more committed than ever to working with the government of the Philippines and international partners to pursue those responsible for these heinous acts and bring them to justice," Trudeau said.

Abu Sayyaf operates mainly in the south of the Philippines, in the western Mindano and the Sulu Archipelago, but staged a major attack in 2004 that killed more than 100 people when militants bombed a ferry in Manila Bay. THE CANADIAN PRESS

EQUALITY

Dear Tim Horton's: Where are the women?

Before Tim Hortons and Burger King merged and became RBI in late 2014, a quarter of the Tim Hortons board was comprised of women. Now RBI's 11-person board of directors is all male. The men on the board are pictured here, except for one. CONTRIBUTED

A proposal to create a formal diversity policy at the parent company of Tim Hortons and Burger King aimed at increasing the number of women on its all-male board of directors has been rejected.

Oceanrock Investments Inc. and the Shareholder Association for Research and Education (SHARE) asked the company to write a formal diversity policy and inform shareholders how and when it intends to increase the number of women on its board of directors and in senior management positions.

Oceanrock Investments, which said it owns nearly 19,000 RBI shares, acted on behalf of the Meritas Jantzi social index fund.

Before Tim Hortons and Burger King merged and became RBI in late 2014, a quarter of the Tim Hortons board was comprised of women, according to the shareholder proposal. Now RBI's 11-person board of directors is all male.

The proposal asked RBI to complete the policy and update shareholders by December 2016.

While there are many benefits to increasing gender diversity on corporate boards, including the potential for better shareholder returns, that wasn't the sole reason for the proposal, Fred Pinto, OceanRock Investment's CEO, said while presenting the proposal at the company's annual general meeting on Thursday.

"We did this quite simply because it's the right thing to do," he said.

Other shareholders voted to reject the proposal.

The result wasn't unexpected, Pinto said in an interview following the vote. The group will now wait to see how many independent shareholders supported their proposal as more detailed results are released in the next few days.

The board had declined to make a recommendation on how shareholders should vote, but did amend its new director nomination process to consider diverse candidates in response to the proposal.

These are more general steps, Pinto said, and he would like to see RBI take more specific action, including presenting a timeline for gender diversity inclusion.

Gender diversity on corporate boards in Canada has become a source of tension between shareholders and companies.

BCE Inc.'s shareholders voted down a similar proposal at their annual general meeting earlier this year, and a Dollarama shareholder brought up concerns over the lack of women in leadership positions at that company's meeting earlier this week. THE CANADIAN PRESS

The devastation from the wildfire in Fort McMurray, on June 3. Officials say that although the fire is not yet under control, it has stopped growing. AFP/GETTY IMAGES

ALBERTA

Fort McMurray wildfire stops growing

The huge wildfire known as "The Beast" that tore through parts of Fort McMurray and northeastern Alberta is classified as being held for the first time since it became out of control in early May.

Wildfire information officer Lynn Daina said the designation means the fire is no longer growing, but is not yet under control.

Daina said it's an important day for firefighters who have been battling the blaze for weeks.

"It is a big deal. It is like the happy dance day," she said Monday.

"There has been so much and so many people on this fire — more than 2,000 at its peak working it daily."

The perimeter of the fire, including burned areas, covers just under 5,900 square kilometres.

Daina said the work of firefighters combined with recent rainy weather and high humidity checked the fire's growth.

The Regional Municipality of Wood Buffalo estimates that about half of the more than 80,000 people who fled the Fort McMurray area on May 3 are back in the community after being allowed to return this month.

Mayor Melissa Blake said the fact that the fire is now being held is an important milestone.

The information will be critical to the thousands of people who are still trying to decide when to come home, she said.

"To have it move in official status from out of control to being held is the first step toward getting it completely under control and annihilated," she said.

"For me the moment of truth is it doesn't have us anymore — we have got it."

On Monday there were more signs the city was continuing to bounce back from the disaster.

The regional hospital resumed providing more services including surgeries, obstetrics, pediatric and psychiatric care that were shut down last month due to the fire.

Canada Post said it started providing mail delivery again to businesses and was planning to phase in the service to neighbourhoods later this month.

Alberta's Provincial Building reopened to provide some government services, with the provincial court to reopen next Monday. THE CANADIAN PRESS

MARIJUANA

Motion to decriminalize pot rejected

Liberal MP Nathaniel Erskine-Smith had a constituent come to his office last week seeking help for a problem he believes should no longer exist.

Erskine-Smith, who represents the Toronto riding of Beaches-East York, said the man had been charged with simple possession of seven grams of pot — something the Liberals have promised to legalize within the next couple of years.

Prime Minister Justin Trudeau's government plans to introduce legislation to legalize marijuana next spring, but has no plans in the meantime to decriminalize the drug before a new regulatory regime replaces the existing laws. That left Erskine-Smith — and the constituent who came to him for help — in a bit of a tough spot.

> "Decriminalization is a half-measure, but a half-measure is better than no measure."
> Nathaniel Erskine-Smith

"I told him that we weren't going to be able to do anything at the federal level in the interim based upon my government's position," said Erskine-Smith, who rose Monday in the House of Commons to support an NDP motion calling for decriminalization.

Decriminalizing marijuana would mean anyone caught with a small amount for personal use would not face any charges, but it would still be illegal to sell it.

"Decriminalization is a half-measure, but a half-measure is better than no measure," Erskine-Smith said.

Attorney General Jody Wilson-Raybould confirmed Monday the Liberal government would not support the NDP motion.

According to Statistics Canada, 57,314 people were charged with possession of cannabis in 2014, the most recent year for which numbers were available. THE CANADIAN PRESS

ASSISTED DYING

Bill need not comply with court ruling

Jody Wilson-Raybould says the government's proposed new law on assisted dying does not need to comply with the Supreme Court's landmark ruling on the issue.

The justice minister makes the argument in a background paper sent Monday to all parliamentarians as the Senate continues to debate proposed amendments to the controversial Bill C-14.

Senators last week voted to delete the central pillar underpinning the bill — its requirement that only those near death would be eligible for medical help to end their lives — and replace it with the more permissive criteria set out by the Supreme Court in the Carter decision, which struck down the blanket ban on assisted dying. THE CANADIAN PRESS

Eddie Jamoldroy Justice, 30

Akyra Monet Murray, 18

Luis Vielma, 22

Luis Omar Ocasio-Capo, 20

Xavier Emmanuel Serrano Rosado, 35

Amanda Alvear, 25

Enrique L. Rios, Jr., 25

Tevin Eugene Crosby, 25

Jason Benjamin Josaphat, 19

Mercedes Marisol Flores, 26

Remember their names

A gunman wielding an assault-type rifle and a handgun opened fire inside a crowded gay nightclub in Orlando, Fla., early Sunday, leaving at least 49 people dead in the worst mass shooting in modern U.S. history. Here are stories of some of the victims.

Last Monday, Akyra Murray, who turned 18 in January, graduated third in her class of 42 students at West Catholic Preparatory High School in Philadelphia, where she had also been a 1,000-point scorer on the basketball team.

"She was very loving, caring, out to help anybody," her mother, Natalie Murray, recalled.

To celebrate her graduation, Akyra, her parents and her 4-year-old sister travelled to Orlando for a family vacation.

On Saturday, Murray told her parents she wanted to party in downtown Orlando. They dropped her off at Pulse at 11:30 Saturday night.

At about 2 a.m., Akyra Murray sent a text message to her mother, saying that she and her cousins wanted to be picked up. She said there had been a shooting.

Moments later, the phone rang.

"She was saying she was shot and she was screaming, saying she was losing a lot of blood," Natalie Murray said.

Murray said her daughter was hiding in a bathroom stall, cowering from the shooter, her arm bleeding for hours with no medical treatment.

Mercedez Marisol Flores went to Pulse nightclub almost every weekend, Flores' sister-in-law said Monday, often with her best friend Amanda Alvear. Both women died in the shooting.

"She was very outgoing," Nancy Flores said of Mercedez Flores. "She had lots of friends. They used to always meet up at Pulse."

Born in Queens, N.Y., the 26-year-old Flores moved to Florida when she was a child, her sister-in-law said. She worked at Target and studied at Valencia College, a local community college. She wanted to become a party planner so she could coordinate events with her two older brothers, who are both DJs.

Alvear, 25, had bonded with friend Sandy Marte over breakups and health problems. Marte said he was trying to comfort her after the breakup. She had lost a lot of weight following gastric bypass surgery and Marte encouraged her to socialize and enjoy life.

"She was loving, she was caring, she always had an open ear," Marte said of his friend Alvear.

Luis Omar Ocasio-Capo wanted to be a star. The 20-year-old dancer was working at Starbucks inside a Kissimmee Target store while studying theatre, and would have auditioned on Tuesday for a play, said his sister, Belinette Ocasio-Capo.

A text message sent by Eddie Justice to his mom during a shooting in an Orlando, Fla. nightclub. THE ASSOCIATED PRESS

Omar, as he was known to family and friends, seemed brash to 70-year-old Claudia Mason, who worked with him at Starbucks. But after getting to know her much younger co-worker, "I realized he had a very outgoing personality," said Mason. "His sense of humour was definitely his defining personality trait."

Ocasio-Capo was hired as a cashier before moving over to the Starbucks, and became a great barista, Mason said.

"Omar got along with everyone," she said.

Eddie Jamoldroy Justice tapped out a series of chilling text messages to his mother from a bathroom at the Orlando nightclub. The 45-minute exchange began with a message of love.

"Mommy I love you," the first message to Mina Justice said at 2:06 a.m. The messages stopped shortly after he confirmed to her that the shooter was nearby.

Eddie Justice, 30, was normally a homebody who liked to eat and work out, his mother said. He liked to make everyone laugh. He worked as an accountant and lived in a condo in downtown Orlando. THE ASSOCIATED PRESS

ORLANDO

Terrorist was 'homegrown'

The gunman whose attack on a gay nightclub left 49 victims dead appears to have been a "homegrown extremist" who espoused support for a jumble of often-conflicting Islamic radical groups, the White House and the FBI said Monday.

Omar Meteen AFP/GETTY IMAGES

As Orlando mourned its dead with flowers, candles and vigils, counter-terrorism investigators dug into the background of 29-year-old Omar Mateen for clues to why the American-born Muslim carried out the deadliest mass shooting in modern U.S. history.

"So far, we see no indication that this was a plot directed from outside the United States, and we see no indication that he was part of any kind of network," said FBI Director James Comey. But he said Mateen was clearly "radicalized."

Comey said the bureau is also trying to determine whether Mateen had recently scouted Disney World as a potential target.

The FBI chief defended the bureau's handling of Mateen during two previous investigations into his apparent terrorist sympathies.

Wielding an AR-15 semi-automatic rifle and a handgun, Mateen opened fire at Pulse Orlando early Sunday in a three-hour shooting rampage and hostage siege that ended with a SWAT team killing him. During the attack, he called 911 to profess allegiance to Daesh.

At the White House, President Barack Obama said there is no clear evidence so far that Mateen was directed by the group, calling the attack an apparent example of "homegrown extremism."

THE ASSOCIATED PRESS

Trump and Clinton at odds over Orlando nightclub attack

There is a political playbook for the aftermath of terrorist attacks, a leadership script born of wretched experience.

Offer sombre thoughts and prayers to the victims and their families. Vow, resolute, to defeat the perpetrators and their ideology. Urge the public to remain united and unbowed. Advocate a few policy solutions. In the wake of the massacre at a gay nightclub in Orlando on Sunday, Hillary Clinton is sticking to routine. Donald Trump is not.

Instead, the Republican nominee has offered a series of furious arguments and false accusations unlike anything else in the recent campaign history. Over the course of two days, Trump has called for the resignation of the president, insinuated the president is supportive of jihadists, and escalated his anti-Muslim rhetoric.

Monday afternoon offered the sharpest contrast between the two candidates. Clinton, speaking in measured tones in Ohio, called for an intensification of the war in Syria, new gun control measures, bipartisan unity and respect for Muslims.

Trump, appearing in New Hampshire, spoke in the agitated voice of his early campaign rallies. After expressing condolences, he focused almost exclusively on immigration — specifically, on what he said was the threat posed by immigrants and refugees from Muslim countries.

After the deadly Orlando nightclub shooting Donald Trump attacks President Barack Obama, focuses on threats posed by immigrants and refugees. AFP/GETTY IMAGES

He did not stop there. In an ad-libbed comment that ranks among the starkest bigotry of his campaign, he baselessly accused U.S. Muslims of harbouring advance knowledge of the deadly plans of Omar Mateen and the couple who committed a mass shooting in San Bernardino, Calif. in December. Trump reiterated his call for a ban on all foreign Muslims entering the country. He also went further, proposing a new ban on anyone from unspecified countries with a history of terrorism against the U.S.

Clinton attempted to project calm but also toughness. Denouncing "radical jihadists" she said have "a twisted ideology and poisoned psychology," she called for an intense focus on identifying and thwarting "lone wolf" attackers, and an effort to dismantle terrorists' financial and arms networks.

The Democratic nominee also advocated new gun control measures: the renewal of the expired ban on so-called "assault weapons," a new ban on gun purchases by people on the "no-fly" terror watch list, and the closing of a loophole that allows some guns to be bought without background checks.

"That may not stop every shooting or every terrorist attack, but it will stop some, and it will save lives," she said.

"Inflammatory anti-Muslim rhetoric hurts the vast majority of Muslims who love freedom and hate terror," she said.

TORSTAR NEWS SERVICE

Shock and condemnation

TERROR ATTACK

Global public figures react to Orlando massacre

From across the world, officials and public figures are expressing condemnation and shock over the Florida mass shooting at the Pulse Orlando nightclub on Sunday, when police say a gunman wielding an assault-type rifle opened fire, killing 49 people and wounding dozens.

FRANCE

The Eiffel Tower will shine in the colours of a rainbow on Monday night to honour victims of the mass shooting. Paris City Hall began paying respects in the afternoon with a display of American and rainbow flags, while French President Francois Hollande condemned the mass killing as an attack on freedom.

BRITAIN

With tears, song and defiance, thousands of people gathered in London for a vigil in honour of the victims. Mourners packed narrow Old Compton St. in Soho, the heart of London's gay nightlife district, on Monday evening. Queen Elizabeth II and Prime Minister David Cameron have sent messages of condolence.

People in Paris, left, pay homage to victims of the mass shooting at a gay nightclub in Orlando, Florida. Right: Mourners observe a minute of silence outside Barcelona's city hall during a vigil on Monday. AFP/GETTY IMAGES

GERMANY

German Chancellor Angela Merkel says it's important to continue with "our open, tolerant life" following attacks such as the mass shooting at an Orlando gay club.

MUSLIM NATIONS

The world's largest body of Muslim-majority nations condemned the mass shooting but also warned against "political campaigning and self-serving agendas" in the wake of the tragedy. The 57-nation Organization of Islamic Cooperation said in a statement Monday that "the massacre, as terrible as it is, must not be taken out of its context as a domestic American case."

ISRAEL

Israeli President Reuven Rivlin says in a letter to President Barack Obama that Israel stands "shoulder to shoulder with our American brothers and sisters."

PALESTINIAN TERRITORIES

Palestinian Prime Minister Rami Hamdallah says the deadliest mass shooting in U.S. history is a "senseless act of terror and hate" and that "Palestinians stand with the American people in this difficult time."

RUSSIA

People have been bringing flowers and rainbow flags to the U.S. Embassy in Moscow to show their solidarity with victims of the shooting since early Monday. THE ASSOCIATED PRESS

G4S SECURITY FIRM

Hiring practices defended

The security company that employed both the Florida nightclub gunman and an armoured car guard who killed three co-workers in Edmonton in 2012 has defended its hiring practices, but says it cannot guarantee employees won't commit violent crimes.

Communications director Katie McLeod of the Canadian arm of U.K.-based G4S says the global security company does as much as it can to investigate prospective employees before hiring them, using both government and its own checks to screen them.

"In Canada, you must have your provincial security licence before you are even considered for employment," McLeod said.

Omar Mateen, a G4S employee in Orlando, Fla., has been identified as the gunman in the attack Sunday.

In 2012 in Edmonton, an armed G4S guard killed three co-workers and wounded a fourth while they were servicing a University of Alberta campus ATM.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Tuesday, June 14, 2016

ROSEMARY WESTWOOD ON THE LESSONS OF STANFORD

SCHOOLS MUST CHOOSE A SIDE

Any post-secondary institution that would prefer its name not become synonymous with 'rape' would do well to internalize what the Brock Turner sexual-assault case made abundantly clear: **Universities have a responsibility not just to react to sexual violence but also to prevent it.**

To Michele Dauber, a law professor at Stanford University, Jane Doe is a new Rosa Parks.

It's a striking, possibly overreaching statement. But it sets the stakes now at play for universities in the starkest of terms: You are either on the right or the wrong side of fighting campus sexual violence, just as you were once (and remain) on the right or wrong side of fighting racism.

Jane Doe is the victim in the Stanford sexual-assault case, which ignited international condemnation after her assailant, Brock Turner, was given a slight six-month jail sentence for crimes that might have earned him a maximum of 14 years.

"We are at a real watershed moment in public perception of campus sexual assaults," Dauber told The New York Times this week.

At the centre: Jane Doe's defiant courtroom statement, read aloud on newscasts, shared tens of millions of times online, quoted by the vice-president of the United States and credited for igniting fierce conversation over consent and rape.

In her letter, Jane Doe attacked Turner's effort to scapegoat his behaviour on booze and partying. Through it, she refused to meekly accept her fate, Dauber suggests, just as Rosa Parks once refused to move from her seat on a bus.

Canadian universities should take this new level of furor over sexual violence as a warning: Think "Stanford," and the next word that now comes to mind is "rape" — and your school could be next.

Of course, they shouldn't need the warning, but they also shouldn't have needed provincial governments to force them to create distinct sexual-assault procedures. (Even back in 1993, one study found as many as one in four women are sexually assaulted at universities.)

New bills passed in Ontario and B.C., as well as another introduced in Manitoba, all require that campuses adopt standalone policies. Far too many need the push. Irene Shankar, a researcher at Mount Royal University, surveyed 103 English-language schools this spring and found that only 25 had policies. Some schools, like the University of British Columbia, have been publicly shamed into instituting better practices over their poor handling of complaints.

Effective policies to tackle the fallout of violence is one thing. Preventing assaults is quite another.

In a recent case study of one anonymous Alberta campus, Shankar found the school paid so much lip service to fighting sexual violence, action got left behind. "It's almost become this opting-out that universities use," she told me. Schools will repeat how "complex" the problem is, which normalizes sexual violence and lets schools off the hook for solutions, she added.

Until, of course, an attack makes international headlines.

Stanford has defended its own conduct in the wake of the assault, noting there was "an immediate police investigation" (for which the school can't actually claim any responsibility) and that "in less than two weeks after the incident, Stanford had conducted an investigation and banned Turner from setting foot on campus — as a student or otherwise."

Students, however, are not satisfied. There's a petition calling for, among other things, the school to apologize to Jane Doe because the attack happened on its campus, increase funding for sexual-assault prevention and mandatory sexual-assault education for all students.

Going by Stanford's own data, those last two suggestions are needed. The school's 2015 campus climate survey found that one-third of undergraduate women experienced non-consensual sexual misconduct, "including acts ranging from sexual touching to penetration" (also known as rape).

The fact that students might get to university without a firm understanding of sexual assault mirrors Brock Turner's own court statements. He blamed a culture of drinking and promiscuity for his action, apparently unable to separate sex from assault.

It's an explanation that excuses nothing, but one that should deeply worry college and university administrators. They should be asking themselves how many Brock Turners are wandering their own campuses.

Taking swift action in the wake of assaults — with care for a victim and consequences for an abuser — is good policy, but it's not perfect behaviour.

The best way to avoid being Stanford isn't to defend your actions after the fact. It's to stop the violence in the first place.

Canadian universities should be asking themselves how many Brock Turners are wandering their own campuses.

Metro POLL

Was justice served at Stanford?

Brock Turner's six-month jail sentence — of which he's expected to serve only half — has been called unfairly lenient, with many who object claiming that Turner's being a white star athlete at a prestigious school saved him from spending far more time in jail. But we wanted to know what you think.

We asked: Is Brock Turner's six-month sentence a sufficient punishment?

96%: NO
(1,217 votes)
He got off way too easily in relation to the damage he inflicted on his victim. Others won't be deterred.

4%: YES
(49 votes)
He'll suffer in jail, and spending the rest of his life on the sex-offender registry will have major implications.

Rape is rape. Period. alcohol is no defence.

He raped someone and is only getting a six-month sentence. Disgusting! Disgraceful!

It's far past time we teach our little boys that they are not entitled to women.

Such a light sentence underscores the perceived value of men's lives over a woman's right to be safe.

His actions reflect a deeper psychological attitude of superiority. This behaviour was learned.

White privilege is real, and this is a sickening case of it.

visit metronews.ca
HAVE YOUR SAY

Protesters at Stanford's graduation ceremony wear '1/3' signs on their mortarboards, referring to the stat that one in three women will be sexually assaulted in her lifetime. THE ASSOCIATED PRESS

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JOHANNA SCHNELLER WHAT I'M WATCHING

A sonnet that soothed the world

TONY AWARDS

Love is love is the line we need to keep repeating

THE SHOW: The 70th Annual Tony Awards
THE MOMENT: The sonnet

The evening was already emotional. Host James Corden kicked it off by acknowledging the mass shooting that had occurred early that morning in a gay nightclub in Orlando: "Theatre is a place where every race, creed and sexuality is equal, embraced and loved," he said. Winners celebrated theatre's inclusiveness in their acceptance speeches.

Then Hamilton creator Lin-Manuel Miranda won for Best Score and read a sonnet he'd just written. "Senseless acts of tragedy remind us, that nothing here is promised. Not one day," he said.

Emotion increasing, he continued, "We live through times when hate and fear seem stronger . . . hope and love last longer."

Voice breaking, he hit his crescendo: "Love is love is love is love is love is love is love, cannot be killed or swept aside." With each "love," he pulled a lump higher into your throat. You could feel the room stop breathing.

If you haven't yet watched the speech of Hamilton creator Lin-Manuel Miranda, centre, you need to. GETTY IMAGES

If you missed this show — even if you don't give a toss about theatre — you should watch this speech. Forget the rhetoric that bombards us every time terrible events are perpetrated. Forget the silver ribbons that people will wear for a while, then put aside. Miranda's last line is what we need to keep reiterating. (#Loveislove became an immediate hashtag.)

The show went on. People sang joyfully. Corden did a funny bit about how Law & Order kept Broadway actors employed. Several winners spoke eloquently about the power of art to help explain tragedy and console after it occurs. But the sonnet was the peak.

The Tony Awards aired on CBS and CTV, and you can see video from the event at ctv.ca

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

AT THE SHOW

Tonys a beacon of diversity

For all the talk about diversity and inclusiveness this season (absent at the Oscars, present at the Tonys), nothing could beat one powerful image: All four of the musical acting winners at the Tonys were black actors. "It's so diverse that Donald Trump has threatened to build a wall around this theatre," said host James Corden, pictured below. Daveed Diggs won the award for featured actor in a musical for Hamilton, Cynthia Erivo won for leading actress in a musical for The Color Purple, Leslie Odom, Jr., won leading actor in a musical for Hamilton, and Renee Elise Goldsberry, pictured top inset, won the award for featured actress in a musical for Hamilton.
THE ASSOCIATED PRESS

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TORSTAR NEWS SERVICE

NUMBERS GAME
If a man's waist measures more than 102 centimetres, or a woman's measures more than 88 centimetres, then the patient is considered abdominally obese

Stop bellyaching about belly fat

HEALTH

Health pros get real about risk factors and how to deal with it

If your spare tire is expanding, there may be cause for concern — but not because your pants don't fit.

Here, health experts explain what stomach fat is, how it gets there, why it's dangerous and what you can do about it.

What is abdominal obesity?
Dr. Fahad Razak, an internist at St. Michael's Hospital, says abdominal obesity is a disproportionate gain of fat within the abdomen, relative to other parts of the body. If a man's waist measures more than 102 centimetres, or a woman's measures more than 88 centimetres, then the patient is considered abdominally obese.

The fat tissue is actually two types of fat: subcutaneous fat, just below the skin; and visceral fat, stored in the abdomen and around the organs.

Who gets it?
Dr. Sonia Anand, professor of medicine and epidemiology at McMaster, says men are more likely to be abdominally obese than women, said Anand. But once women are post-menopausal and losing estrogen, they may grow larger bellies, she said.

South Asian populations are prone to developing visceral fat, said Anand, whose research focuses on people of this demographic.

And then there's body shape. Whether you have a pear shape — meaning you carry more weight in your hips — or apple shape — meaning you carry weight in your stomach — comes down to genetics.

What are the health risks?
If someone has an excess of stomach fat, they usually have an excess of visceral fat too, said Dr. Paul Poirier, a cardiologist and professor of pharmacy at Laval University. That fat around your heart, liver, kidneys and stomach, can lead to organ malfunction, he said.

The visceral fat also produces a molecule called adipokine, which is proinflammatory and circulates around the body, said Poirier. When someone has low-grade inflammation, they're more prone to coronary artery disease, gingivitis and other health issues, he said.

But the main health concerns are: diabetes, cholesterol abnormalities and heart disease, said Razak. Abdominal fat is more metabolically active and can affect a body's hormones and insulin control. Abdominal fat can also contribute to elevated levels of bad cholesterol and depressed levels of good cholesterol, he said.

What can you do about it?
Reduce calorie intake, increase fruit and vegetable intake, increase fibre intake, reduce intake of saturated and trans fats. Exercise.

Registered dietitian Abby Langer agrees: "I would tell people to clean up their diet," she said.

Bariatric surgery could help to shrink a patient's stomach and improve overall health, despite being an extreme step, said Razak.

MYTH BUSTING BELLY FAT

Myth 1: Drinking beer causes beer bellies
It's not the beer, but the calories, said Dr. Sonia Anand, McMaster University. But if you have a beer belly, you may want to cut back on the beer. People with abdominal obesity have a higher risk of a fatty liver. Combined with alcohol, that will stress your liver, increasing your risk of chronic liver disease.

Myth 2: Spot reduction workouts shrink bellies
"There's no such thing as spot reduction," says Dr. Yoni Freedhoff, author of Why Diets Fail and How to Make Yours Work. If you work on losing weight, you will eventually lose body weight all over. Personal trainer Kathleen Trotter adds it's nutrition, that will help you achieve weight loss goals. "You can work out for 45 hours a day and it's not going to make a difference unless you eat well," says

Myth 3: Cutting out specific foods helps
While some research shows diets high in simple carbohydrates — such as white bread and sugary desserts — can contribute to abdominal obesity, that's not proven, said Anand. Instead, overall good nutrition is what you should be focusing on to lose body weight, says Trotter.

COMMENTARY

Parton reflects on Orlando

Dolly Parton took a moment to recognize the LGBT community on Monday in the wake of the mass shooting at an Orlando gay nightclub that left 49 people dead.

"That's horrible — it wouldn't matter what kind of club it was," the country legend told reporters at a news conference in Toronto, where she was promoting her upcoming North American tour.

"I'm not God, I'm no judge. I just know that God loves us all."

Parton noted she's had a long relationship with the LGBT community, and is flattered by the number of drag queen impersonators who have paid tribute to her. "I'm a patron saint for a lot of them guys and it makes me feel good," she said.

"All those drag queens, sometimes I've seen some of them look like me more than I do."

Parton also recalled the time she secretly enrolled in a Dolly Parton drag look-alike contest in Los Angeles on a dare from her friends.

"I kind of exaggerated myself, made my beauty mark a little bigger — but it was still me," she said. The audience wasn't so impressed with the covert country singer's version of herself.

"I got the least applause of anybody," she said.

Parton also denounced the North Carolina bathroom bill that bans transgender people from using washrooms in federal buildings for the gender of which they identify.

"Everybody should be comfortable in their world, whatever they do," she said of the bill.

"I really do think we've got to make some better rules, we've got to take care of each other a little better." THE CANADIAN PRESS

'I'm not God, I'm no judge. I just know that God loves us all,' said Dolly Parton at a press conference in Toronto on Monday, where she was promoting her upcoming tour. GETTY IMAGES FILE

Mental health still carries stigma: Poll

ONLINE SURVEY

Many people afraid to seek help for issues, doctor says

New data shows 40 per cent of Canadians say they've experienced feelings of anxiety or depression — but haven't sought medical help.

The numbers come from a survey of more than 1,500 Canadian adults by Women's College Hospital and Shoppers Drug Mart.

The results offer a striking look at the level of stigma and shame still surrounding mental illness, with 42 per cent of respondents saying they would be embarrassed to admit if they did have a mental health issue.

"People, despite everything, see it as a sign of weakness," said Dr. Valerie Taylor, psychiatrist-in-chief, department of medicine at Women's College Hospital and a scientist at Women's College Research Institute.

Mental health has made headlines in recent years, thanks to the efforts of activists, companies and individuals pushing to end the stigma — from the Canada-wide, conversation-starting campaign, to American actress Kristen Bell's recent TIME magazine essay, in which she opened up for the first time about her struggle with depression after not speaking about her mental health issues for the first 15 years of her career.

"There is such an extreme stigma about mental health issues, and I can't make heads or tails of why it exists," Bell wrote in her May essay. "Anxiety and depression are impervious to accolades or achievements. Anyone can be affected, despite their level of success or their place on the food chain."

The WCH and Shoppers Drug Mart survey was conducted online in May by Environics, a Toronto-based market research firm.

> **Anxiety and depression are impervious to accolades or achievements. Anyone can be affected.** Kristen Bell, in her TIME essay

The poll highlighted the benefits of a strong support network, with 94 per cent of women and 85 of men saying the support of a friend of family member is important if they're struggling with a mental issue such as anxiety or depression.

Even so, more than one third of respondents said they wouldn't know how to support someone who needed help.

"I think if we could decrease some of the stigma, people would perhaps be better able to come forward earlier and we'd have (fewer) tragedies," Taylor said.

Ulla Jensen, a retired nurse in Port Hope, Ont., can relate to the tragedy of mental illness; her daughter Jeanine D'Antonio took her own life in April 2014 at the age of 44 after struggling with depression and anxiety.

"It was very hard for us to deal with — her family, her husband, her 11-year-old child. I feel the system let her down and we all had some complicity in it," said Jensen. "We weren't able to recognize when she was really hurting." TORSTAR NEWS SERVICE

Actress Kristen Bell opened up about her struggle with depression in a TIME magazine essay in May. **A poll shows 40 per cent of Canadians who have felt anxious or depressed have not sought medical help.** GETTY IMAGES

A pose to help you fire on all cylinders

YuMee Chung
Torstar News Service

The word Agni means fire in the language of yoga and agnistambhasana is Fire Log Pose, an intense hip opener that requires some real patience to master. Let me show you how to refine and deepen Fire Log Pose with a combination of two isometric exercises we call Kindling Pose.

Kindling Pose at Black Creek Pioneer Village.
MARCUS OLENIUK/TORSTAR NEWS SERVICE

Kindling Pose

1. Begin in a seated position on the floor with legs outstretched and spine long.
2. Test out your Fire Log Pose by folding both knees and stacking right shin over left, with right ankle directly above left knee. Do your best to bring the shins parallel to the front border of your yoga mat and flex both ankles while keeping them from collapsing to their pinky toe sides. Look for an isosceles triangle defined by your inner legs. It is extremely common to have a sizeable gap between right knee and left foot in Fire Log Pose, so not to worry.
3. To do the first part of Kindling Pose, interlace your fingers around the outer right knee and press the knee down strongly into the hands while pulling upwards and resisting the action with your arms. Stay for five breaths.
4. For part two of Kindling Pose, access the opposite movement by stacking your palms and pressing down onto the right knee while resisting upwards with the leg as if you intend to pivot your right shin up to a vertical position. Count five breaths.
5. Finish by retesting Fire Log Pose on the right side. Notice any differences in the way your hips feel and observe whether you have made any gains in flexibility.
6. Repeat steps one through five on the other side.

Playing with Fire

If Fire Log Pose is painful for ankles, knees or hips, you can sit on the edge of a folded blanket and build the actions of Kindling Pose over a straight bottom leg by crossing the top ankle over the opposite knee.

metro SPORTS

NBA star Blake Griffin has signed on as a five-night host for a mystery lineup from July 26-30 at the Just for Laughs Festival in Montreal

IN BRIEF

Green arranges to watch teammates from next door

Suspended Golden State Warriors star Draymond Green planned to watch Game 5 of the NBA Finals on Monday night in a baseball suite next door to Oracle Arena at the Oakland Coliseum, where the Athletics are playing the Texas Rangers.

The Warriors said Green changed his mind several times Monday morning before deciding on a plan.

Green was suspended by the NBA on Sunday for a fourth-quarter scuffle with Cleveland's LeBron James in Game 4, during which the league said Green "made unnecessary contact with a retaliatory swipe of his hand to the groin" of James. THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Game 5 of the NBA Finals

Seahawks give former dunk champion a tryout

The Seattle Seahawks have given former NBA standout and one-time college football player Nate Robinson a tryout.

Robinson was a standout defensive back at Washington and appeared in 13 games in 2002 as a true freshman and had two interceptions.

Robinson, a first-round pick in the 2005 NBA draft, has played for eight NBA teams in his career and was a three-time winner of the slam dunk competition. THE ASSOCIATED PRESS

It took everybody to get this.

Sidney Crosby after winning the Conn Smythe Trophy for NHL playoff MVP after the Penguins won the Stanley Cup final with a 3-1 win over the Sharks on Sunday night in San Jose.

She's just getting started

GOLF

Henderson, 18, jumps to No. 2 ranking with first major title

The magnitude of Canada's most significant golf victory since Mike Weir won The Masters in 2003 was still sinking in Monday for Brooke Henderson.

Phone calls to her parents, responding to a stream of congratulatory text and Twitter messages — including one from Weir — and a road trip filled the hours after her first major win Sunday at the KPMG Women's PGA Championship.

The 18-year-old from Smiths Falls, Ont., birdied the first hole of a playoff to beat world No. 1 Lydia Ko of New Zealand at the Sahalee Country Club east of Seattle.

From three sand saves, to a 90-foot eagle putt on No. 11, to getting out of tree trouble for par on No. 18, Henderson was a study in resilience and shot versatility in a 6-under final round.

The victory propelled Henderson into the No. 2 spot behind Ko in the world rankings. It also pushed Henderson's season earnings to over $1 million US.

With a lot more golf to play in 2016, including three more majors and the Olympic Games, the Canadian has set her sights on overtaking Ko.

"This is huge momentum for sure," Henderson told reporters Monday morning from Portland, Ore., on a conference call.

"Definitely a huge confidence booster. To get that world ranking up to No. 2 is kind of surreal, kind of unbelievable, but I still have one more spot to go."

Henderson was in Portland promoting the Cambia Classic, which was the scene of her first LPGA victory last August.

She and her sister, caddie Brittany, checked into their hotel early Monday morning following the three-hour drive from Washington.

They were to fly to Michigan later Monday for this week's Meijer Classic, as well as meet up with parents Dave and Darlene.

The first Canadian woman to win a major since Sandra Post in 1968 had an inkling of her victory's impact at home because of Weir's example.

Henderson was five when a 32-year-old Weir won at Augusta.

She grew up with the knowledge a fellow Canadian could hoist one of golf's most prestigious trophies despite the country's short playing season.

"He really changed golf in Canada I think for everybody," she said. THE CANADIAN PRESS

"The Olympics is kind of an opportunity of a lifetime ... I know I have the whole country behind me cheering me on. Brooke Henderson

EURO 2016 ITALY RISES ABOVE BELGIUM Italy's Emanuele Giaccherini, top, collides with Belgium's Eden Hazard during their Group E in Lyon, France, on Monday. Goals from Giaccherini and Graziano Pelle combined with excellent defending helped Italy to a 2-0 win. In Monday's other matches, Ireland and Sweden played to a 1-1 draw, while Gerard Pique scored in the 87th minute as Spain beat Czech Republic 1-0. EMMANUEL DUNAND/AFP/GETTY IMAGES

SENATORS

Alfie commits to another year as senior adviser

Daniel Alfredsson will stay in his job as senior adviser to hockey operations with the Ottawa Senators for another year, the NHL club announced Monday.

"I'm very happy to continue," Alfredsson said on a conference call after agreeing to a one-year extension. "It's been exciting personally to learn a new position and everything that comes with it in a lot of different areas in hockey operations.

"Hopefully I can help and contribute more this year with more experience."

The gifted forward who spent 17 seasons with the Senators, 14 of them as captain, moved into Ottawa's front office last season after retiring as a player, doing a variety of jobs. He said he will meet with new head coach Guy Boucher to see if he will be needed to continue to do some on-ice work with the players.

Alfredsson will also be moving his family back to Ottawa. He is looking for a house and hopes to make the move as soon as possible.

"I think with us moving back this summer, it's going to be a hectic year for everything — kids hockey, changing schools," he said. "I thought (staying in) the same position would fit perfect for another year.

"Talking with (general manager) Pierre (Dorion), he encourages that as well, so that's what we're doing." THE CANADIAN PRESS

RECIPE Char Siu Pork

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This recipe makes it so easy to make sweet and sticky barbecued pork at home. Marinating your pork loin overnight isn't necessary, although it will give you an amazing depth of flavour.

Ready in
Prep time: 1 hour 15 minutes
Cook time: 20 minutes

Ingredients
- 1 1/2 Tbsps honey
- 1 1/2 Tbsps hoisin sauce
- 1 1/2 Tbsps soy sauce
- 1 Tbsp Chinese wine (dry sherry can be substituted)
- 1 tsp white pepper
- 1/2 tsp five-spice powder
- 1/2 tsp sesame oil
- 1kg/2½ lbs pork tenderloin
- 3 cloves garlic, finely chopped
- 1 1/2 Tbsps vegetable oil

Directions

1. In a small saucepan, add honey, hoisin, soy sauce, Chinese wine, pepper, five-spice and sesame oil. Whisk the ingredients together over medium heat. Cook until it thickens and becomes sticky. Let the sauce cool completely.

2. Add the sauce, vegetable oil, and chopped garlic to the pork and marinate it the fridge for an hour and up to overnight.

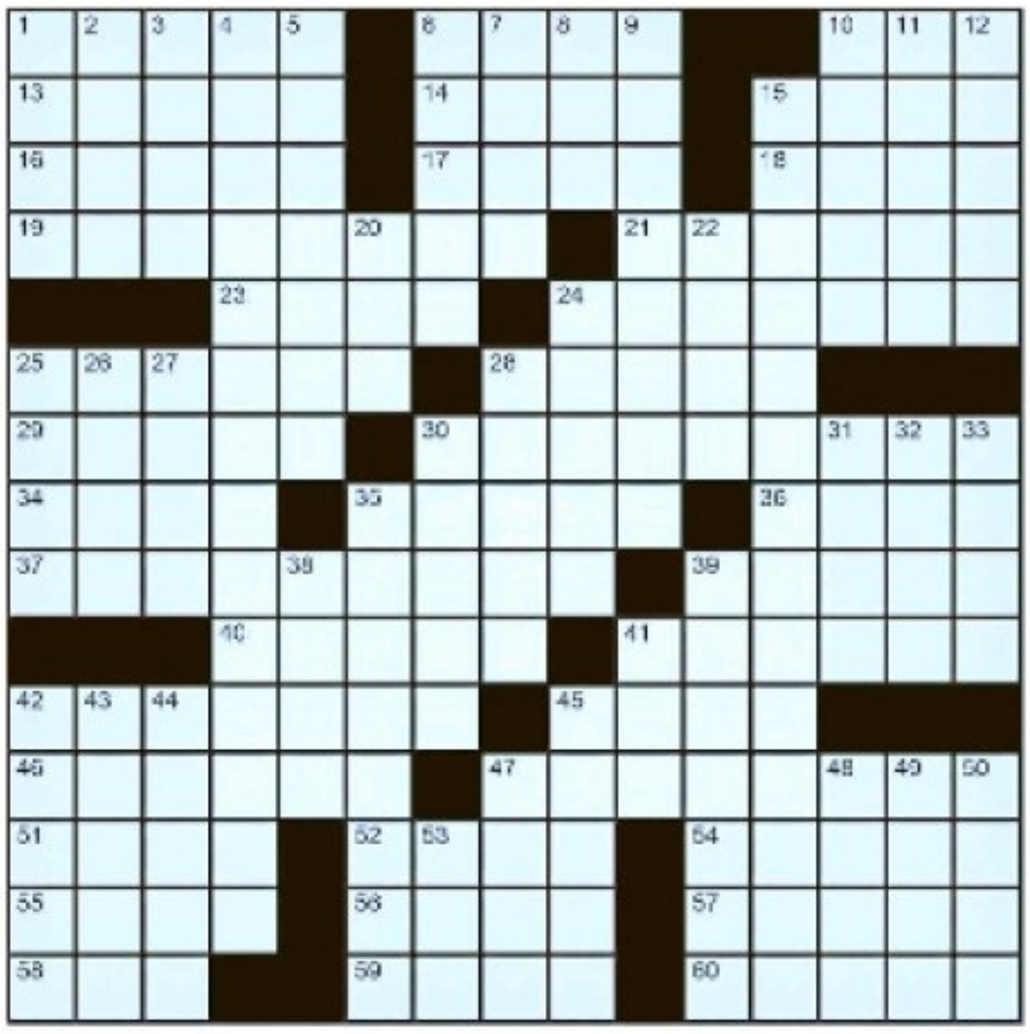
3. To cook, barbecue for about 6 to 8 minutes on each side, or place on the highest rack of the oven set on broiler for 6 to 8 minutes on each side.

4. Let the meat rest for 15 minutes or so before slicing. Serve over rice and sautéed greens.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Does this for Joy!
6. From way out
10. Account
13. Singer/actor Chris
14. Draped dress
15. Organized crime boss
16. Clemency
17. Ukraine city
18. Director Mr. Preminger
19. Improviser
21. Slowly advanced
23. Circulate
24. News story insiders
25. Mastermind
28. Mrs. von Trapp
29. 1973: "I Got a Name" by Jim _
30. Cottage extension perhaps overlooking a lake: 2 wds,
34. _ Piper
35. Rake over the _
36. Heraldic border
37. Manitoba community 15 minutes from North Dakota
39. Rock drill
40. Percussion instruments
41. Canada's big Bay
42. Vaudville performer, for example
45. Hillary's hubby
46. Traversed the rivers like a Voyageur
47. Renegade
51. As well
52. Slightly open
54. Bovid bag
55. Oliver of "Oliver!" (1968)
56. Tirade
57. White wine of Italy
58. Founded [abbr.]
59. "Kisses, dahling!"
60. Comfortable

DOWN
1. "Letters from Iwo _" (2006)
2. Put-upon
3. Crumbly soil
4. The white blossoms of this tree are the floral emblem of British Columbia: 2 wds.
5. Azure: 2 wds.
6. Awry
7. Reasonable
8. "We _ Family" by Sister Sledge
9. Cote d'Azur, and others
10. Workshop machine
11. Choice-selecting person
12. Commodities
15. Farm's morning alarm clock sound!
20. Derek and Bice
22. 'Short Shorts' sources
30. _ of vantage (Favourable position)
31. Misjudges
32. Jazzy Ms. Laine
33. Musicals composer Jerome
35. Our robotic space icon
38. Ancient empire
39. Marsh plant
41. _-_ (Fruit drink)
42. Startle
43. Acting father/son Alan Sr. and Alan Jr.
44. Commencement
45. Moorage
47. _ _ fever (Ailed)
48. Old Testament man
49. Ms. Campbell
50. Deuce-ace
53. Moose _, Saskatchewan
54. Canada's big Bay
55. Oliver of "Oliver!" (1968)
56. Tirade
57. White wine of Italy
58. Founded [abbr.]
59. "Kisses, dahling!"
60. Comfortable

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an exciting day! Expect to see new places and meet new faces. Unusual news might interest you as well. Stay on your toes!

Taurus April 21 - May 21
You might see new ways to earn money today. Yay! However, something unexpected with your finances could occur, so keep your eyes open. You might find money; you might lose money.

Gemini May 22 - June 21
For some reason, you have a greater freedom today than you usually do. New experiences will give you more insight into the world around you.

Cancer June 22 - July 23
Some kind of revelation or epiphany might happen today. It might be just a profound thought that occurs, or something might happen to you to trigger this observation.

Leo July 24 - Aug. 23
You might make a new friend today; if you do, this person will be unusual or different in some way. Alternatively, a friend you already know might do something that surprises you.

Virgo Aug. 24 - Sept. 23
In your interactions with bosses, parents and VIPs, something will happen that gives you greater freedom. You feel liberated. "I'm calling my own shots!"

Libra Sept. 24 - Oct. 23
Sudden opportunities to travel might drop in your lap today. However, planned travel itineraries might change. This is an exciting day with unusual opportunities.

Scorpio Oct. 24 - Nov. 22
A gift, goodie or perhaps a favor from a friend will help you today. Whatever happens, act quickly, because this window of opportunity will be brief.

Sagittarius Nov. 23 - Dec. 21
If your relationship with a friend or partner has fallen into a rut, today will shake it up a bit. Fortunately, it will shake it up in a good way. Point your finger in the air and sing, Staying Alive!

Capricorn Dec. 22 - Jan. 20
Expect a few surprises at work today. You suddenly might see a new and better way of doing things. Possibly, the introduction of new high-tech equipment will catch you off-guard.

Aquarius Jan. 21 - Feb. 19
Love at first sight might happen for some of you today. Accept spontaneous invitations to parties. However, parents should be vigilant about their kids today.

Pisces Feb. 20 - March 20
Stock the fridge, because you might unexpectedly entertain at home today. Something surprising or unusual will occur within the family.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

				2				
5	1			3			6	2
			1		4			
		7		8		3		
9	3						5	4
		4		7		6		
			3		9			
3	4			6			1	8
				5				

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

2	3	6	1	4	7	8	5	9
9	4	5	3	2	8	1	7	6
7	8	1	5	9	6	2	4	3
1	9	3	6	8	4	5	2	7
6	5	4	7	3	2	9	8	1
8	2	7	9	5	1	3	6	4
3	6	8	2	7	9	4	1	5
5	1	2	4	6	3	7	9	8
4	7	9	8	1	5	6	3	2

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